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The Ultimate Weight Watchers Smart Points Recipes Cookbook: Recipes That Help You Ditch the Scale (Paperback)

By Kelly Thompson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book. 150 Quick and Easy Recipes for Rapid Weight Loss Including 25 Slow Cooker and 25 Instant Pot Recipes What, in your mind, does it mean to be healthy? Is it about how you feel, how you look, what your outlook on life is? For most of us, healthy is a combination of what goes on inside our bodies and how we present ourselves to the world with our outer appearance. It really doesn't matter if you are someone who has made healthy choices a priority your whole life, or if you are someone who has struggled and is ready for a new start, each of us can say that we are bombarded with different dietary plans and trends. Some diets are complicated, others claim to be based on our primitive means of survival, and a new trend is health and fitness coaching. Are any of these right for you? They might be; plenty of people have achieved their health and fitness goals in these ways, but that doesn't mean that you must follow rigid eating habits, unfamiliar plans, or pay to have someone coach...



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